

**COMBINED DECLARATION AND POWER OF ATTORNEY  
(Original Application-Sole Inventor No Priority Claimed)**

As a below named inventor I hereby declare that my residence, post office address and citizenship are as stated near my name below; that I believe I am the original, first and sole inventor of the subject matter of which is claimed and for which a patent is sought on the invention entitled:

**SPORTS TRAINING ASSEMBLY AND A METHOD FOR USING THE SAME**

and, more particularly, which is described and claimed in an Application for Letters Patent that I have reviewed and understand the contents of that Application, including the claims, as amended by any amendment referred to above; that I do not know and do not believe the same was ever known or used in the United States of America before my invention thereof or patented or described in any printed publication, in any country before my invention thereof for more than one year prior to this Application, or in public use or on sale in the United States of America more than one year prior to this Application; that the invention has not been patented or made the subject of and inventor's certificate issued before the date of this Application in any country foreign to the United States of America on an application filed by me or my legal representatives or assigns more than twelve (12) months prior to this Application; that I acknowledge my duty to disclose information of which I am aware which is material to the examination of this Application in accordance with Title 37. Code of Federal Regulations, Section 1.56(a); and that no Application for patent or inventor's certificate on this invention has been filed in any country foreign to the United States of America prior to this Application by me or my legal representatives or assigns except as follows:

**NONE**

I hereby appoint John G. Chupa (Reg. No. 33,483) of Law Offices of John Chupa and Associates, P.C. as my attorney to prosecute this application and to transact all business in the Patent and Trademark Office connected herewith. Please address all correspondence and telephone calls to:

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I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18

of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

Joseph Michael Coldren  
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10/22/03  
Date

Citizenship: United States